DOCUMENT RESUME

ED 325 978 EA 022 480

TITLE	Offer Versus Serve. Training Manual.
INSTITUTION	New York State Education Dept., Albany. Bureau of Health and Drug Education and Services.; New York State Education Dept., Albany. Bureau of School Food Management and Nutrition.
PUB DATE	90
NOTE	23p.
PUB TYPE	Guides - Non-Classroom Use (055) -- Reference Materials - General (130)
EDRS PRICE	MF01/PC01 Plus Postage.
DESCRIPTORS	*Conservation (Environment); Elementary Secondary Education; *Federal Legislation; *Food Service; Guidelines; *Lunch Programs
IDENTIFIERS	*Food Waste; *National School Lunch and Child Nutrition Act 1975

ABSTRACT

A growing awareness about food supplies, food shortages, and conservation of natural resources has resulted in public concern over food waste within the National School Lunch Program. Prior to 1976, all participating students were required to take all five items offered on a planned menu. In October 1975, the Offer v. Serve Provision was enacted as a Congressional mandate to curtail food waste in schools. Under this designation, students must be offered all five items of a school lunch pattern. At first only senior high students had the freedom to select the three, four, or five food items they intended to consume. The offer and serve provision was subsequently extended to include junior high, middle, and elementary students. The freedom to choose menu offerings do not affect the lunch selling price established by the local school board. This manual explains legislative and regulatory history, lunch components, sample menus and student choices, pricing requirements, menu and production planning, merchandising, and benefits of the Offer and Serve program. (MLH)

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Offer Versus Serve

Training Manual

The University of the State of New York
The State Education Department
Bureau of School Food Management and Nutrition
Bureau of Health and Drug Education and Services
Albany, New York 12234

EA022480

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Training Manual

Reprinted 1990

The University of the State of New York
The State Education Department
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Preface

Offer *vs.* Serve is a regulation designed to reduce food waste and food costs in the National School Lunch Program without jeopardizing the nutritional integrity of the program. This manual was designed to provide specific administrative information to schools participating in the Offer *vs.* Serve Provision. With careful planning and management and with the cooperation of principals, teachers and parents, Offer *vs.* Serve has and can continue to reduce food waste and food costs, while maintaining consumption of a variety of nutritious foods by students.

I.
Background

A growing awareness about food supplies, food shortages, and conservation of natural resources has resulted in public concern over food waste within the National School Lunch Program.

Prior to 1976, all students participating in the National School Lunch Program were required to take all items that made up the four components of the School Lunch Pattern.[1] These four components are (1) meat/meat alternate component; (2) fruit and vegetable component (at least two different sources); (3) bread/bread alternate component; and (4) milk component.

To be eligible for State and Federal reimbursement, participating schools were required to have students take all five food items offered on a planned menu. This resulted in many food items being discarded due to students' tastes and preferences.

To alleviate this "waste," the Secretary of Agriculture established procedures to lessen the amount of waste in the National School Lunch Program without damaging its nutritional integrity. These procedures became known as the Offer *vs.* Serve Provision.

II.
Legislation and Regulatory History

A. Offer *vs.* Serve – Senior High Schools

Amendments to the National School Lunch Act, enacted on October 7, 1975, introduced the Offer *vs.* Serve Provision to schools participating in the Program. The Offer *vs.* Serve Provision was implemented as a congressional mandate under Public Law 94-105, effective June 6, 1976 to curtail food waste in schools. This mandate authorized Offer *vs.* Serve in buildings officially designated as senior high schools or for students officially designated as senior high school students. Under either designation, students must be *offered* the complete five items of a School Lunch Pattern. Senior High school students, however, have the freedom of *choice* in selecting the three, four or five food items they intend to consume. All senior high school students are eligible to participate in programs implementing Offer *vs.* Serve whether they are paying students or students eligible for free or reduced price lunches. This option does

[1] Formerly known as the Type A Meal Pattern

not affect the selling price for the lunch established by the local school board. Regardless of the items a student chooses, he/she must pay the lunch price.

B. Offer *vs.* Serve – Junior High and Middle Schools

Encouraged by the success of the Offer *vs.* Serve Provision in senior high schools, the National School Lunch Act was further amended in 1977 to extend the provision to students in junior high and middle schools. Effective June 16, 1977, Public Law 95-166 allowed Offer *vs.* Serve for middle schools or junior high school when approved by the local board of education.

Junior high or middle schools are defined as: (1) a building designated by name as a junior high or middle school, or (2) an educational mode which differentiates the junior high or middle school from the elementary school. All provisions for Offer *vs.* Serve remain the same as for senior high schools; however, the option to implement Offer *vs.* Serve at the junior and middle school is delegated to the local school board.

School districts wishing to extend the Offer *vs.* Serve option to its junior high or middle school students may do so with a formal resolution by their board of education.

C. Offer *vs.* Serve – Elementary Schools

In the Omnibus Reconciliation Act of 1981, Congress allowed the extension of the Offer *vs.* Serve Provision to students in all grade levels, including preschool, if approved by the local school board. Effective September 15, 1982, Public Law 97-35 gave school boards the option of implementing this provision in elementary, junior high and middle schools with the mandatory requirement still in effect for senior high schools. A formal resolution by the local board of education is required to implement Offer *vs.* Serve to those schools below senior high level.

In addition to allowing Offer *vs.* Serve implementation at the elementary level, further flexibility was given by this Act to local boards. This flexibility includes a decision as to what extent Offer *vs.* Serve should be implemented; that is, whether a student may decline up to two food items (as in senior high) or only one item; whether smaller portions or "tests" of food may be offered. In addition, a school board has the latitude to determine where Offer *vs.* Serve will be implemented by grade and/or building below the senior high level.

III.
Components of a Lunch Meal Pattern and Offer vs. Serve

The National School Lunch Act established the requirements for lunches served by schools participating in the National School Lunch Program. These requirements are designed to provide approximately one-third of a student's Recommended Dietary Allowances (when averaged over a period of time).

To effectively implement the Offer *vs.* Serve Provision to all grade levels, all staff involved in the National School Lunch Program must fully understand the five food items that make up the four components of the School Lunch Pattern. The following is an outline of the required components and portion sizes to serve children:

1. **Meat/Meat Alternate Component:** Two ounces (edible portion as serve) of lean meat, poultry, fish; **or** two ounces of cheese; **or** four tablespoons of peanut butter; **or** one-half cup cooked dry beans; **or** one large egg; **or** one-half cup cottage cheese (4 oz.); **or** an equivalent quantity of any combination of the above listed foods served in a main dish. A serving of nuts may meet up to 1/2 of this requirement.
2. **Fruit/Vegetable Component:** Three-fourths cup serving of two **or** more vegetables or fruits or a combination of vegetables and fruits. A serving of full strength vegetable **or** fruit juice may be counted to meet not more than half of this requirement. One cup of vegetable-based soups also may be counted to meet 1/4 cup of this requirement.
3. **Bread/Bread Alternate Component:** One slice of wholegrain **or** enriched bread; **or** a serving of other breads such as corn bread, biscuits, rolls, muffins; **or** 1/2 cup serving of rice, macaroni and pasta products, served as an accompaniment to the main meal (not in a dessert item) may count toward this requirement.
4. **Milk Component:** One-half pint of fluid milk (whole, flavored or lowfat). White and lowfat must be offered daily.

The above outline illustrates the five food items that comprise the four components of a School Lunch Pattern. The following further clarifies this requirement and what must be *offered* daily to qualify as a reimbursable lunch:

Components	Food Items	Sample Menu
1. Meat/Meat Alternate	1. Meat/Meat Alternate	1. Oven-Fried Chicken
2. Vegetable and fruit (two or more)	2. Vegetable *or* fruit	2. Mashed Potatoes

3. Vegetable *or* fruit	3. Green Beans	
3. Bread/Bread Alternate	4. Bread/Bread Alternate	4. Roll
4. Milk	5. Milk	5. Milk

The serving size offered of the five food items must be consistent with the minimum quantities as specified in Appendix I, Group IV, "School Lunch Patterns," page 12. School food authorities may offer smaller portions as outlined in Appendix I, for certain grade levels (K-3) or larger portions than recommended for grades 7-12. However, if they wish to be consistent for all grades within their district, the *minimum* quantities must be offered and strictly adhered to.

Finally, in any school implementing Offer *vs.* serve, when a student declines a full portion of an item, the school may offer a smaller portion of the item as long as a student has taken full portions of at least three (or four) food items. This however, is at the discretion of the local school board.

IV.
Sample Menus and Student Choices

The following are examples of typical planned menus and how Offer *vs.* Serve functions when implemented correctly:

EXAMPLE A. MENU (offered)
Hamburger on a Bun
French Fries
Fresh Fruit
Milk

Student's Choice (selected)

a. Hamburger on a Bun and Milk – Meat/Meat Alternate (cooked hamburger, 2 oz.) + Bread (bun made with enriched flour) + Milk (1/2 pint) = three components.

b. Hamburger on a Bun and French Fries – Meat/Meat Alternate (cooked Hamburger, 2 oz.) + Bread (bun made with enriched flour) + Vegetable (french fries, 1/2 cup) = three components.

c. Milk, French Fries and Fresh Fruit – Milk (1/2 pint) = vegetable (french fries, 1/2 cup) + fruit (1/4 cup) = three components.

d. Hamburger on a Bun, French Fries and Milk – Meat/Meat Alternate (cooked Hamburger, 2 oz.) + Bread (bun made with enriched flour)

+ Vegetable (french fries, 1/2 cup) + Milk (1/2 pint) = four components.

EXAMPLE B. MENU (offered)
Pizza/cheese topping
Apple Juice
Salad
Milk

Student's Choice (selected)

a. Pizza and Milk – Meat/Meat Alternate (cheese, 2 oz.) + Bread (pizza crust made with enriched flour) + Milk (1/2 pint) = three components.

b. Pizza and Apple Juice – Meat/Meat Alternate (cheese, 2 oz.) + Bread (pizza crust made with enriched flour + Fruit (apple juice, 1/4 cup) = three components.

c. Apple Juice, Salad and Milk – Fruit (apple juice, 1/4 cup) + Vegetable (salad, 1/2 cup) + Milk (1/2 pint) = three components.

d. Pizza, Apple Juice and Salad – Meat/Meat Alternate (cheese, 2 oz.) + Bread (pizza crust made with enriched flour) + fruit (apple juice, 1/4 cup + Vegetable (salad, 1/2 cup) = four components.

Each of the above student selections represents a complete reimbursable lunch as long as the student is charged the unit selling price of the lunch.

The popularity of salad bars among student customers has done much to enhance meals and increase participation. Salad bars, as with other menu choices, can be incorporated into Offer *vs.* Serve. The types of choices that can be offered on a salad bar are numerous.

V.
Pricing under Offer vs. Serve

The National School Lunch Act requires that the lunch be priced as a unit. This means paying students will pay the full lunch price and students eligible for reduced price will pay the current reduced price charge (and students eligible for a free lunch will pay nothing), regardless of whether they take the minimum number of food items (three or four) or all five food items offered. The intent of this requirement is to provide incentives and encouragement for students to take all five items.

If a school participates in the National School Lunch Program and also provides an a la carte service, any combination of foods which would comprise the minimum three (or four) required food items of the planned school lunch may be sold at the school lunch unit price and claimed for reimbursement as long as all five food items are made available to each student. It is, therefore, important to correctly price a la carte items which may be counted toward the School Lunch Pattern, so that any three items may be counted as part of a reimbursable lunch. The selling price of any combination of these three items should be equal to or above the selling price for a full price meal. This will prevent loss in State and Federal reimbursements for this combination of items sold a la carte.

Note: Only those a la carte items which are also available as part of the meal to all students may be priced in this manner and considered for reimbursement.

The following is an illustration of a school district which is improperly pricing a la carte items and losing money in reimbursement. For this example the selling price of a reimbursable lunch is $.90:

Food Item	Current a la carte selling price	Recommended pricing for a la carte in order to be claimed for reimbursement
Hot Dog	$.70	$.75
Milk	$.15	$.15
	Total Cash $.85	Total Cash $.90

Reimbursement

(1987-88 Federal and State)	$ .2000
Commodities	.1150
Total Revenue	$1.2150

As illustrated above, these three meal components, when priced to equal $.90 (full price lunch price), will generate an additional $.3150 in Federal and State aid as they can then be claimed as a reimbursable lunch.

It is important to note that if an increase in the selling price of a student lunch is anticipated, a la carte prices should be raised accordingly to prevent competition with Offer *vs.* Serve. Those a la carte items that do not meet the requirements of a School Lunch Meal Pattern should be priced to cover the total cost of each item.

If students choose less than three (or four) food items, a la carte prices should be charged. Students choosing additional foods which are not planned and merchandised as a part of the school lunch, second helpings or second lunches must pay the a la carte price of these items.

VI.
Menu Planning and Offer vs. Serve

Under Offer *vs.* Serve, the goal in menu planning is to serve meals which encourage students to select the full five food items of a reimbursable lunch. This will enable students to benefit from the full nutritional value of a meal. It is important to know the students' tastes and preferences. This can be accomplished by: (a) having students "taste test" new items before they are incorporated into the menu; (b) allowing students to help plan menus; and (c) monitoring student acceptance by maintaining participating records of meals for future reference.

It is also recommended that choices on the main dish, the fruit and vegetable component and milk be offered. Offering choices recognizes that students have different tastes and welcome the opportunity to select foods they will eat. In elementary schools offering a limited number of choices for young children who are just learning to make food selections is a sound practice which increases customer satisfaction and lessens food waste. All choices, however, should be pre-costed to determine their cost effectiveness. For further information on costing, request the training program on Financial Management.

VII.
Production Planning and Offer vs. Serve

School lunch personnel should be aware that a reduction in plate waste under Offer *vs.* Serve should not mean an increase in production waste, *i.e.*, producing more food than students consume. A primary objective for a school lunch manager is to prepare enough food to meet the proper requirements for a lunch, anticipating that every participating student may select all five meal items. The key question is how much of each menu item must be prepared without overproducing.

A school lunch manager must first assess what quantities will be served to the various grades within the district (refer to Appendix I). Once quantities have been established (minimum or recommended according to age/grade group) a manager must forecast proper meal amounts. This can be done by using food production records which will indicate the quantities of food planned, prepared, served and left over from previous meals. The next time the same meal is offered, the school food service manager can refer to this record to determine whether increased or decreased production of one or more items is needed. A comment section may be included to allow a manager to record various circumstances that affect student participation, such as weather, field trips, and attendance.

The USDA publication entitled **Food Buying Guide for School Food Service** is a valuable aid in determining proper quantities needed to ensure compliance with portion sizes required under the National School Lunch Program. **The Food Buying Guide for School Food Service**, in addition to using food production records provides a management tool to ensure that proper amounts of food are prepared which lessens the problem of overproduction.

VIII.
Merchandising under Offer vs. Serve

In implementing Offer *vs.* Serve, the potential for students to take less than the full lunch offered to them exists. To minimize the potential, managers must not only plan menus which students will accept and which provide students with menu choice, but also "sell" the good nutritious food their staff prepare. The process of "selling" the lunch is what merchandising is all about. Effective merchandising will make the lunch so attractive that students will want to eat the whole lunch. For more guidance on merchandising techniques and innovative ideas, request the training program on Merchandising School Food Service.

IX.
Points to Remember under Offer vs. Serve

The following are key points involved in incorporating Offer *vs.* Serve into a school lunch program:

1. Offer *vs.* Serve is required for all senior high school students participating in the National School Lunch Program.
2. Schools wishing to implement Offer *vs.* Serve at the junior high, middle school or elementary school levels may do so at the discretion of the local school board through a formal resolution.
3. Students must be made aware of the availability of Offer *vs.* Serve.
4. The established selling price *must* be charged for complete meal reimbursement regardless of student selection of three, four, or five food items.
5. Whenever in effect, Offer *vs.* Serve must be made available to all three categories of students, i.e., free, reduced and paid.
6. All five items that make up the four components of the planned menu must be on the serving line from the first student customer served to the last.

7. No one component (e.g., milk) is required to be selected by the student. The student has the freedom of choosing a minimum of *three* of the five food items.
8. All five food items must be offered in the required portions.
9. Staff must be aware of the mechanism of Offer *vs.* Serve. The cooks need to be aware of the potential changes in production quantities; the servers must be familiar with proper serving techniques and portion control; and cashier must know those components needed for a reimbursable lunch.
10. The food items required to make up a reimbursable lunch must be different food items, and not two from the same food item, i.e., two 1/2 pint servings of milk, or two 1/2 cup servings of french fries cannot be counted as two food items. If a student desires two 1/2 cup servings of french fries, one serving may be counted toward a reimbursable lunch provided two other food items are selected. The second serving of french fries should be charged under a la carte.
11. Assessment of the Offer *vs.* Serve program should be made on a continuous basis. Points to look for include, but are not limited to:
    a. Student acceptance of offered component/items.
    b. Plate waste by applicants.
    c. Quantities needed *vs.* overproduction.
    d. Food costs.
    e. Speed of students' progress through lines.
12. Management should pre-cost menus to determine whether or not offering choices of the various components will increase participation, decrease plate waste and still maintain low costs under the Offer *vs.* Serve Provision.

X.
Benefits of Offer vs. Serve

The Offer *vs.* Serve Provision provides many benefits to students, school lunch managers, and the National School Lunch Program. It recognizes that students have food preferences, and should have the freedom to choose those foods they intend to eat. The Offer *vs.* Serve Provision challenges school lunch directors to provide choices of foods that will appeal to their customers (students). Imagination, experience and hard work allow managers to develop menus which appeal to student preferences. Managers will become involved with students, develop better merchandising techniques and become aware of effective cost controls within their student feeding programs. Menu forecasting can

help assure acceptability of food items and reduce overproduction. If implemented correctly, Offer *vs.* Serve will reduce food waste and energy consumption for the school lunch program.

Questions and Answers

Q. What are the guidelines on the minimum food items from the School Lunch Meal Pattern which are required for selection by students to be considered a reimbursable lunch?

A. Students must choose at least three of the five required food items offered. No one food item is required to be taken. Students may also take "other" foods that do not meet the requirements of the School Lunch Meal Pattern, but these may not be counted toward meal pattern requirements. For information on "other" foods see section 5 of the *Food Buying Guide For School Food Service.*

Q. May local school boards choose not to implement this provision and mandate the service of a complete school lunch to students?

A. Yes and no. The local school board *must* implement Offer *vs.* Serve for senior high school students. However, the local school board has the option of implementing or not implementing the Provision in elementary, middle and junior high schools.

Q. If a school board elects to implement the Offer *vs.* Serve Provision in an elementary school, must all grades within that building participate?

A. No. Partial implementation of Offer *vs.* Serve within an elementary building is allowed at the discretion of the local board of education. For example, if a board of education is concerned that the younger students (K-3) may have difficulty choosing three food items and thus slow down the cafeteria line, the board may implement Offer *vs.* Serve for grades 4-6, while grades K-3 will continue to receive all five food items. The implementation of Offer *vs.* Serve for one and all grades below senior high level is at the discretion of local school boards.

Q. How can students experience unfamiliar food items under Offer *vs.* Serve?

A. When a new food item is introduced onto the cafeteria line, students may be reluctant to choose the item because they are unfamiliar with it. Therefore, many schools that have implemented Offer *vs.* Serve, offer students either a taste test or a small portion of new food items, in addition to the items taken to meet the meal pattern requirements.

Q. Should school boards make an effort to encourage students to choose all of the five required food items?

A. Yes. School boards should continue to use effective food service merchandising techniques, such as offering choices to encourage students to accept and learn to like a variety of foods served.

Q. May a student select a second serving of any one food item to count toward meeting the obligation to choose three required food items, e.g., taking a second bread or milk, or a third fruit or vegetable?

A. No. All three required food items selected must be different to be counted as a reimbursable lunch. If a student desires a second serving of any one food item or items that are beyond the requirement of any one component, it must be charged as a la carte.

Q. What production guidelines should be used in order that more food waste does not occur?

A.
- Acceptable standardized recipes.
- A system of forecasting production needs based on previous acceptance of menu items. (Standardized Production Records)
- Careful management of the production and service of the meal.

Q. If a school participates in the National School Lunch Program with Offer *vs.* Serve in effect, and also provides a la carte service, how can a cashier tell if a tray with three food items such as hamburger, a roll and milk, should be sold at a la carte price or at the School Lunch Meal Pattern unit price?

A. Any combination of food available as part of the planned meal which would comprise the minimum three required food items may be sold at the School Lunch Meal Pattern unit price and claimed for reimbursement. If a student chooses less than three food items, the a la carte prices should be charged. Also, if a student chooses additional foods which are not planned and merchandised as part of the School Lunch Meal Pattern, the student must pay the a la carte price of those other items. A la carte foods are comprised of foods not planned and merchandised as part of the School Lunch Meal Pattern. A la carte prices should be established to cover the total cost of each menu item.

Q. What is the difference between a menu item and a food item?

A. A menu item is any planned meat or meat alternate, vegetable and/or fruit, bread, milk, as well as other foods (foods which do not meet meal requirements, but which are served to round out a lunch) that are named on a menu to be served. Menu items are made up of food items. For example, the main dish named on a menu may be a hamburger. The menu item is the hamburg which is made up of two food items; the meat/meat alternate food item and the bread item.

Q. Why is not the charge for the lunch reduced when a student takes less than five items?

A. The National School Lunch Act requires that the price of the lunch not be reduced. The intent of the Offer *vs.* Serve Provision is to reduce plate waste, but maintain incentives and encouragement for students to take all five items.

Q. Is it true that the Offer *vs.* Serve Provision undermines the National School Lunch Program's nutritional goal of providing one-third of a student's Recommended Dietary Allowances (RDA)?

A. No. Every student will not consume the entire lunch on a given day. Offer *vs.* Serve allows students to adjust the meal to meet their own individual appetites and food preferences, thus decreasing food waste. Meals are still to be planned with a variety of foods to meet the one-third RDA goal.

Q. Is the Offer *vs.* Serve Provision in effect for the School Breakfast Program?

A. No. This provision is applicable only to the National School Lunch Program.

SCHOOL LUNCH PATTERNS
FOR VARIOUS AGE/GRADE GROUPS

COMPONENTS		MINIMUM QUANTITIES: Preschool ages 1-2 (Group I)	Preschool ages 3-4 (Group II)	Grades K-3 ages 5-8 (Group III)	Grades 4-12 age 9 & over (Group IV)	Recommended Quantities GRADES 7-12[1] age 12 & over (Group V)
MILK	Whole Milk (Flavored or Unflavored) and Unflavored, fluid lowfat, skim, or buttermilk must be offered	3/4 cup (6 fl oz)	3/4 cup (6 fl oz)	1/2 pint (8 fl oz)	1/2 pint (8 fl oz)	1/2 pint (8 fl oz)
MEAT OR MEAT ALTERNATE (quantity of the edible portion as served)	Lean meat, poultry, or fish	1 oz	1 1/2 oz	1 1/2 oz	2 oz	3 oz
	Cheese	1 oz	1 1/2 oz	1 1/2 oz	2 oz	3 oz
	Large egg	1/2	3/4	3/4	1	1 1/2
	Cooked dry beans or peas	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
	Peanut butter or soynut butter or other nut or seed butters.	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
	Peanuts or soynuts or tree nuts or seeds[2] or an equivalent quantity of any combination of the above meat/meat alternates	1/2 oz[3] = 50%	3/4 oz[3] = 50%	3/4 oz[3] = 50%	1 oz[3] = 50%	1 1/2 oz[3] = 50%
VEGETABLE AND/OR FRUIT	2 or more servings of vegetable or fruit or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
BREAD OR BREAD ALTERNATE (Servings per week)	Must be enriched or whole-grain. At least 1/2 serving[4] for Group I or one serving[4] for Groups II-V must be served daily.	5 (1/2 serving daily)	8 (1 serving daily)	8 (1 serving daily)	8 (1 serving daily)	10 (1 serving daily)

[1]The **minimum** portion sizes for these children are the portion sizes for Group IV.
[2]Tree nuts and seeds that may be used as meat alternates are listed in program guidance.
[3]No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry or fish.
[4]Serving = 1 slice of bread; or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, other cereal product such as bulgur or corn grits; or as stated in the **Food Buying Guide for Child Nutrition Programs (PA-1331)** for biscuits, rolls, muffins, and similar products.

LUNCH MEAL PATTERN QUIZ

Listed below are 45 food items which are often found on school lunch menus. Some of them can be counted toward the requirements of the lunch meal pattern, others are "extras" which offer calories, bulk and appetite appeal but meet no part of the meal pattern.

Classify these foods according to their meal pattern contribution by placing the number of the food item in the appropriate category.

1. Enriched doughnut
2. Canned chicken noodle soup
3. Sugar cookie
4. Pudding
5. Cranberry sauce
6. Canned veg. soup
7. Choc. milk 8 oz.
8. Whole grain rice
9. Croutons (salad)
10. Strawberry jello
11. Milkshake 8 oz.
12. Enriched spaghetti
13. Bacon
14. Cranberry sauce
15. Apple juice
16. Hamburger
17. Peanuts (2 oz.)
18. Tuna fish
19. Skim milk 8 oz.
20. Saltine crackers
21. Raisins
22. Enriched roll
23. Rice pudding
24. Pickles
25. French fries
26. Cottage Cheese
27. Ketchup
28. Walnuts
29. Pretzels
30. Pizza
31. Taco shell
32. Cheddar cheese
33. Baked beans
34. Apricots
35. Apple juice
36. Ice cream
37. Pears
38. Lemonade
39. Sweet potatoes
40. Pickle relish
41. Potato chips
42. Peanut butter
43. Tomatoes
44. Chicken (baked)
45. Apple pie

Hint: Two items can be counted in more than one category.

MEAT/MEAT ALT	FRUIT/VEG	BREAD/BREAD ALT.	MILK	OTHER

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